

# The Role of Psychological Intervention in Enhancing the Psychological Resilience of Women Undergoing Artificial Abortion

Juan Du\*

Maternity and Child Health Care Hospital of Zhifu District, Yantai 264000, Shandong Province, China

\*Corresponding author: Juan Du, [dinsam@126.com](mailto:dinsam@126.com)

**Copyright:** © 2024 Author(s). This is an open-access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0), permitting distribution and reproduction in any medium, provided the original work is cited.

**Abstract:** This article underscores the significance of psychological intervention in bolstering the psychological resilience of women undergoing artificial abortion. Through individual and group psychological interventions, women are assisted in coping with negative emotions, augmenting their psychological resilience, and fostering mental health and growth. The article further analyzes disparities in psychological intervention among women with varying characteristics, emphasizing the importance of familial and societal support, and cultural backgrounds.

**Keywords:** Artificial abortion; Psychological resilience; Psychological intervention; Mental health; Psychological support

**Online publication:** November 29, 2024

## 1. Introduction

With societal progression and changing ideologies, artificial abortion has emerged as a common remedial measure following contraceptive failure. Globally, approximately 53 million cases of artificial abortion occur annually, and in China, a populous nation, the number is considerably high. Artificial abortion not only imposes physical trauma on women but also exerts profound psychological impacts. In this context, women's psychological resilience becomes a pivotal factor in coping with stress and restoring mental health.

Women undergoing artificial abortion commonly experience negative emotions such as anxiety, depression, and guilt, which not only affect their daily lives but also potentially lead to psychological disorders. Research indicates that psychological resilience plays a significant role in mitigating psychological trauma and promoting mental health among these women.

However, the question of how to enhance women's psychological resilience during the artificial abortion process remains urgent. As an effective tool, psychological intervention has been widely employed in clinical practice. It aims to provide professional psychological support and guidance, assisting individuals in identifying

and addressing psychological issues, and ultimately enhancing their psychological qualities and coping abilities.

## **2. Overview of the psychological status of women undergoing artificial abortion**

The psychological impact of artificial abortion on women is profound and complex, involving not only emotional fluctuations but also a range of psychological issues. After experiencing artificial abortion, women generally feel a deep sense of sadness and loss, often accompanied by guilt and a sense of sin, as they may view the abortion as giving up on life. This psychological burden can increase over time, leading to long-term emotional distress. Simultaneously, anxiety and depression are common psychological responses after abortion. Women may worry about their ability to conceive again in the future and doubt their fertility, and this uncertainty can trigger psychological unease and fear. Furthermore, artificial abortion may also strain interpersonal relationships, especially with partners, potentially causing rifts due to emotional stress and communication barriers brought on by the abortion, and even affecting the structure and atmosphere of the entire family.

The types and manifestations of psychological issues are diverse. Some women may experience symptoms of psychological trauma, such as flashbacks, nightmares, and hypervigilance, which are indications of post-traumatic stress disorder. Depression can cause women to lose interest in daily activities, feel helpless and hopeless, and severely affect their quality of life. Anxiety may manifest as excessive worrying, nervousness, and fear of specific things. Additionally, confusion about self-identity and conflicts in values are issues that women may face after abortion. They may question their role and the value of life, and this inner struggle can further exacerbate psychological pain. Therefore, psychological support and professional counseling are particularly important for women who have experienced artificial abortion to help them overcome psychological shadows and regain balance in life.

## **3. The role of psychological resilience in women after abortion**

Psychological resilience refers to the process of individuals actively adapting to adversity. Individuals with high levels of resilience possess greater cognitive flexibility, enabling them to adjust their cognition after traumatic events, maintain a good psychological state, successfully cope with such events, and achieve personal growth <sup>[1]</sup>. In the context of induced abortion, women's psychological resilience manifests in how they effectively cope with psychological pressure, maintain psychological balance, and ultimately achieve psychological recovery and growth after experiencing physical and emotional trauma. The concept of psychological resilience emphasizes individuals' inherent strength and resources in adversity, making it a key factor in women's psychological recovery after abortion. Women with high psychological resilience can more quickly take effective measures after negative life events, reducing the impact of such events on their emotions, and potentially transforming negative emotions into motivation for problem-solving, ultimately achieving the goal of alleviating postpartum depression. However, premature primiparas with low psychological resilience may not be able to achieve the aforementioned state. Psychological resilience is a universally present ability or potential influenced by individuals' internal and external environmental factors. It can be learned, applied, and improved through cultivation and training <sup>[2]</sup>.

## **4. Psychological intervention strategies and methods**

### **4.1. Individual psychological intervention strategies**

Individual psychological intervention strategies focus on providing tailored psychological support for each woman. This strategy recognizes that every woman's experiences, emotional reactions, and resilience are unique. Through one-on-one counseling sessions, psychologists utilize various psychological techniques such as cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and emotionally focused therapy (EFT) to help individuals identify and adjust cognitive patterns that cause psychological distress, address unresolved grief and guilt, and enhance self-compassion and self-efficacy. Personalized interventions also include mindfulness meditation training, teaching women how to reduce psychological pain through awareness and acceptance of current experiences.

### **4.2. Group psychological intervention strategies**

Group psychological intervention strategies harness the power of the collective, providing a supportive environment for women facing similar challenges. In group counseling, members can share their stories in a safe, non-judgmental space, thereby reducing feelings of isolation and shame. Through interactions and shared activities such as discussion groups, art therapy, and workshops, members not only learn new coping strategies but also draw inspiration from the experiences and strengths of others <sup>[3]</sup>. Group interventions also promote social learning, where members improve their coping mechanisms by observing and modeling the positive behaviors of others.

### **4.3. The role of family and social support in psychological intervention**

The role of family and social support in psychological intervention cannot be ignored. As the most direct social support network for individuals, the attitudes and behaviors of family members have a profound impact on women's psychological recovery. Psychological intervention strategies should include family counseling to enhance family members' understanding, communication, and support capabilities. Furthermore, social support systems, including friends, community resources, and professional organizations, also provide women with necessary emotional and practical help. Social support can be achieved through various forms, such as support groups, online forums, and community education activities, which all help to break the silence and stigma surrounding abortion, creating a more inclusive and supportive environment for women.

## **5. Research on the role of psychological intervention in enhancing the mental resilience of women undergoing artificial abortion**

### **5.1. The impact of psychological intervention on mental resilience**

The role of psychological intervention in enhancing the mental resilience of women undergoing artificial abortion cannot be underestimated. The latest research results indicate that professional psychological support can not only alleviate psychological pressure but also significantly improve the mental resilience of these women <sup>[4]</sup>. There are various forms of psychological intervention, including psychological counseling, group counseling, mindfulness meditation, and emotional management.

During psychological counseling, professional psychologists provide personalized counseling based on the specific situation of women, helping them understand that abortion is not a personal failure but a possible difficult situation in life. This understanding helps them correctly recognize and accept the fact of abortion,

thereby reducing the guilt and shame caused by abortion. Group counseling provides a mutually supportive platform where women can share their experiences and feelings, find resonance, reduce loneliness, and enhance their sense of belonging. Mindfulness meditation training teaches women how to relax their minds and bodies through meditation and breathing exercises, improving their ability to cope with stress and enhancing inner peace <sup>[5]</sup>. Emotional management teaches them how to identify and express their emotions, as well as how to effectively manage and regulate emotions to avoid negative impacts on life caused by emotional fluctuations. Through these psychological interventions, women can better utilize their internal resources and actively seek and use external support, thereby significantly improving their psychological resilience. Research has found that women who receive psychological intervention recover faster psychologically after abortion, and their level of mental resilience is also higher. This is not only reflected in their ability to quickly emerge from the shadow of abortion but also in their more positive and resilient attitude when facing other challenges in life <sup>[6]</sup>. Additionally, psychological intervention has brought significant improvements in quality of life. After undergoing psychological intervention, these women have not only recovered psychologically but have also seen improvements in their social functioning, family relationships, and job performance.

## **5.2. Analysis of differences in psychological intervention on the psychological resilience of female abortion patients with different characteristics**

The effectiveness of psychological intervention in enhancing the psychological resilience of women undergoing induced abortion varies depending on individual characteristics. The following analysis focuses on several key characteristics:

### **5.2.1. Age differences**

Young women may feel particularly helpless and confused after experiencing an abortion due to their limited life experience and psychological maturity. They may lack effective coping mechanisms for unexpected events and struggle with emotional fluctuations, sometimes even falling into depression and anxiety. Psychological intervention during this critical period is crucial. Through one-on-one personalized psychological counseling, these young women can gradually learn how to identify and express their emotions, how to quickly recover from setbacks, and how to build a more positive and resilient self-image.

Group counseling activities provide these women with an opportunity to share their feelings and experiences with others who have undergone similar experiences. Such interactions not only offer them an outlet for emotional expression but also help them realize that they are not alone. In the group setting, they can learn coping strategies from others, gain empathy, and receive support. This collective strength provides significant comfort and growth for them psychologically <sup>[7]</sup>. Through a series of carefully designed activities and discussions, these young women gradually overcome psychological obstacles and enhance their confidence and courage to face future challenges while encouraging each other.

### **5.2.2. Educational level differences**

Women with higher levels of education demonstrate significant advantages during psychological intervention. They typically have stronger information retrieval and analytical skills, enabling them to understand the theoretical foundation and practical application of psychological intervention more deeply. When participating in cognitive behavioral therapy (CBT), these women often quickly grasp how to identify and challenge their

negative thoughts, thereby changing unreasonable beliefs and behavioral patterns. They can flexibly apply CBT techniques, such as thought records and situational simulations, to gradually overcome the psychological obstacles caused by abortion. Similarly, when engaging in mindfulness practices, women with higher education levels better understand the core concept of mindfulness. Through daily meditation and breathing exercises, they improve their awareness and acceptance of current emotions. This rapid mastery and effective application of psychological intervention techniques make them more adept at coping with the psychological stress after abortion, significantly enhancing their psychological resilience<sup>[8]</sup>. Their self-regulation abilities improve, enabling them to recover from the shadow of abortion more quickly and re-engage in life.

### **5.2.3. Social support differences**

Social support is a crucial factor influencing psychological resilience. Women with a stable social support system feel more secure during psychological intervention, thereby enhancing their psychological resilience. Encouragement and support from family members, friends, and colleagues provide them with emotional support, helping them better adapt and recover during the psychological intervention process. Encouraging the establishment and maintenance of social connections during psychological intervention can further strengthen women's psychological resilience.

### **5.2.4. Differences in mental health status**

For women with poor mental health, psychological intervention becomes key to enhancing their psychological resilience. These women may already be burdened with psychological issues such as anxiety and depression, and the experience of miscarriage can exacerbate their psychological difficulties<sup>[9]</sup>. With professional psychological intervention, they can gradually learn a series of effective strategies to cope with stress. For example, through relaxation training, they learn techniques such as deep breathing and progressive muscle relaxation to alleviate physical tension and anxiety. During emotional expression sessions, they are encouraged to openly discuss their feelings and express their inner pain and struggles through activities like drawing and journaling. Furthermore, psychological intervention teaches them problem-solving skills, such as how to set goals, analyze the causes and consequences of problems, and how to develop and implement solutions. These strategies not only help them improve their mental health in the present but also enhance their psychological resilience in facing future challenges. Through these specific intervention measures, these women gradually rebuild their self-confidence and learn how to take care of themselves in adversity, becoming more resilient and stronger psychologically<sup>[10]</sup>.

## **6. Conclusion**

This article delves into the psychological intervention strategies for enhancing the resilience of women undergoing induced abortion. It analyzes the differences among women with various characteristics during the intervention and emphasizes the significance of family, social support, and cultural backgrounds. Hopefully, this article can serve as a reference for related research and practice, assisting more women in overcoming psychological shadows, regaining confidence in life, and facing the future with a more positive mindset.

## Disclosure statement

The author declares no conflict of interest.

## References

- [1] Lyu Q, Chen XL, Chen SY, 2023, Study on the Correlation between Post-traumatic Growth, Self-disclosure, and Resilience among Patients with Unintended Pregnancy after Induced Abortion. *China Medical Herald*, 20(20): 73–76.
- [2] Xie QQ, He CM, Guo ZD, et al., 2022, The Mediating Effect of Resilience between Negative Life Events and Postpartum Depression among Primiparous Women with Premature Birth. *Modern Clinical Nursing*, 21(9): 28–34.
- [3] Lyu YY, Analysis of the Impact of Psychological Health Education on Resilience and Emotional Status of Patients Undergoing Induced Abortion. *Modern Diagnosis and Treatment*, 32(10): 1669–1671.
- [4] Gao YQ, Li YH, Bu YG, et al., 2020, Mediating Effect of Resilience between Rumination and Postpartum Depression among Puerperas. *Nursing Journal of Chinese People's Liberation Army*, 37(7): 11–14 + 19.
- [5] Guo J, Cao HL, 2022, The Impact of Post-abortion Care on Women's Mental Health. *Jiangxi Medical Journal*, 57(12): 2227–2229.
- [6] Zhang JX, 2023, The Effect of Music Therapy Combined with Empathy Nursing on Resilience and Sleep Quality of Patients with Threatened Abortion. *Health Advice*, 17(2): 122–124.
- [7] Sun FY, 2017, Correlation Study between Psychological Resilience and Social Support, Coping Styles among Patients with Threatened Abortion, thesis, Shandong University.
- [8] Luo FJ, Liang ST, Zhang QY, et al., 2020, Observation on the Effect of Psychological Intervention Guided by Medical Social Workers on Induced Abortion among Underage Women. *Journal of Qiqihar Medical University*, 41(9): 1179–1181.
- [9] Shen JH, 2021, Study on the Intervention Effect of Humane Care Nursing on Cognition and Negative Psychology of Unmarried Women Undergoing Induced Abortion. *Diet Healthcare*, 2021(44): 199–200.
- [10] Zou YM, Liu JX, Gong YF, 2020, Observation on the Curative Effect of Psychological Nursing on Women Undergoing Induced Abortion. *Healthcare Guide*, 2020(52): 200.

### Publisher's note

Bio-Byword Scientific Publishing remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.